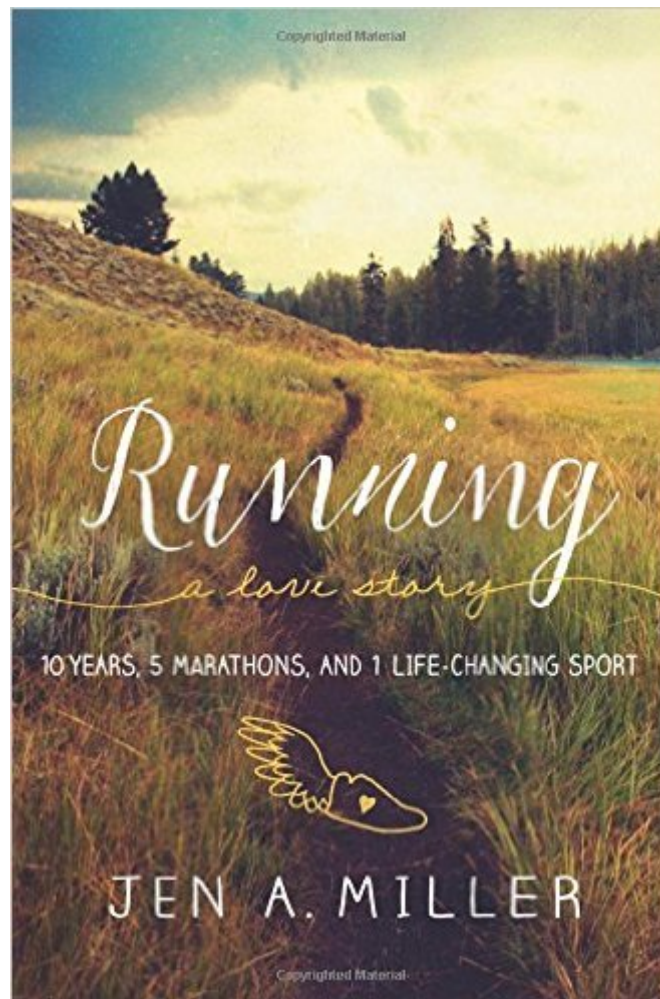


The book was found

Running: A Love Story: 10 Years, 5 Marathons, And 1 Life-Changing Sport



Synopsis

Jen Miller has fallen in and out of love, but no man has been there for her the way running has. In *Running: A Love Story*, Jen tells the story of her lifelong relationship with running with wit, thoughtfulness, and brutal honesty. Jen first laces up her sneakers in high school, when, like many people, she sees running as a painful part of conditioning for other sports. But when she discovers early in her career as a journalist that it helps her clear her mind, focus her efforts, and achieve new goals, she becomes hooked for good. Jen, a middle-of-the-pack but tenacious runner, hones her skill while navigating relationships with men that, like a tricky marathon route, have their ups and downs, relying on running to keep her steady in the hard times. As Jen pushes herself toward ever-greater challenges, she finds that running helps her walk away from the wrong men and learn to love herself while revealing focus, discipline, and confidence she didn't realize she had. Relatable, inspiring, and brutally honest, *Running: A Love Story*, explores the many ways that distance running carves a path to inner peace and empowerment by charting one woman's evolution in the sport.

Book Information

Paperback: 232 pages

Publisher: Seal Press (March 22, 2016)

Language: English

ISBN-10: 1580056105

ISBN-13: 978-1580056106

Product Dimensions: 5.5 x 0.6 x 8.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (24 customer reviews)

Best Sellers Rank: #234,950 in Books (See Top 100 in Books) #445 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#) #1292 in [Books > Biographies & Memoirs > Sports & Outdoors](#) #2360 in [Books > Sports & Outdoors > Individual Sports](#)

Customer Reviews

I'll be honest: I'm always skeptical of younger people writing memoirs. Firstly because their lives are only rarely as interesting as they think they are, but secondly because they often lack the ability to distance themselves from their lives to gain insight. While Miller has some readable moments in her book, a few of which do show insight, what comes across clearly in the book is that she's too proud of herself for writing this story to have created anything meaningful. This is not a book about running;

it's a book about Miller. Specifically, it's about her love life. Her romantic life is a driving factor of the book, and it's melodramatically overwritten. Each of her relationships is characterized by her deep desire to meet her future husband and her inability to let go of her boyfriend after the relationship ends. Lots of crying. She seems to blame the men in her life for trying to change her, and never quite comes to the realization that she throws herself into every relationship, changing herself. She blames the men, she blames her family - and she never looks to the real cause for her relationships failing. Her last relationship is difficult to read about - I was torn between screaming at her to leave and rolling my eyes at her unwillingness to do so. There is something slightly uncomfortable about how Miller's relationships show her as insecure while so much of the rest of her life paints her as, frankly, arrogant. She spends pages upon pages trying to show the reader that she's an athlete. She throws in an aside about Weight Watchers rejecting her for being "too light," even after she'd gained the freshman 15 in college. Despite being accepted to better schools, she chose her college based on scholarship money - and then found it way too easy for her.

I bought this book initially because I found a similarity in Jen Miller's story, of how she became first a jogger, then a runner and eventually a marathoner. And I was intrigued that most of her story took place around my home, the Jersey Shore. I've often looked around at the start of a race and wondered whether most of the people were the same super jocks that I couldn't keep up with in school, or if they too found running by way of working through issues in their life. What starts out as a way to lose ten pounds or perhaps work through a rough time in your life ends up becoming an essential part of your life. That's what I found interesting about Jen Miller's story. It's an honest chronicle of her personal and professional life, paralleled with her struggles to continually take on new running challenges. I too have experienced difficulties along the way, and started using running as first an outlet, and gradually, through hard work and persistence, experienced victories that influenced other areas of my life. I think a lot of people will be able to relate to her honest accounting of struggles, mistakes, and eventually discoveries. Discoveries that she's capable of a lot more physically than she had thought, and the discovery that you can't live your life by someone else's standards. If you're that runner who can jump out of bed at 3AM and bang out ten miles at a 5 minute pace, you might not relate to this story, but for the other 95% of us who work our asses off to get to the starting line, I think you'll relate to her story. Whether you're training for a 5K or a marathon, we all have hurdles along the way both physically and personally and Jen Miller describes hers in way I think a lot of people can relate to.

[Download to continue reading...](#)

Running: A Love Story: 10 Years, 5 Marathons, and 1 Life-Changing Sport Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) 50/50: Secrets I Learned Running 50 Marathons in 50 Days - and How You Too Can Achieve Super Endurance! RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running) Running: Distance Running: Improve Your Long Distance Running Step By Step Summary - The Life Changing Magic of Tidying Up: By Marie Kondo -The Japanese Art of Decluttering and Organizing (The Life Changing Magic of Tidying Up ... Paperback, Audiobook, Audible, Japan) The Physical Educator's Big Book of Sport Lead-Up Games: A complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun! Sport and the Law: Historical and Cultural Intersections (Sport, Culture & Society) Game Faces: Sport Celebrity and the Laws of Reputation (Sport and Society) Female Gladiators: Gender, Law, and Contact Sport in America (Sport and Society) Sport in the Making of Celtic Culture (Sport and Nation) Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) Introduction to Sport Law With Case Studies in Sport Law 2nd Edition Science of Sport: Squash (The Science of Sport) Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How to Run, Jogging, Marathon Training) Running for Health and Happiness: The Beginner's Guide to Faster, Pain-Free Running RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Running with the Whole Body: A 30-Day Program to Running Faster with Less Effort Tigerland: Reminiscences of Forty Years' Sport and Adventure in Bengal (1916)

[Dmca](#)